# WHAT ANGER COSTS YOU IN REDUCING YEARS OF YOUR LIFE

By PROF. JOHN LANGE. (University of Copenhagen.)

become angry?

never allow ourselves to become cerebral mechanics.

the two are alike, save that the strong We are too much alive. and seems to aim at effect.

tion, is an opposite phenomenon of arteries and the activity of nutrition, self to strongly felt. Out of this as-

into the surrounding tissues and the us dejected and exhausted

and a scholar of note, believes that

Prof. Boas, this process of the forma-

tion of larger nations and fewer na-

Prof. Boas's views are circulated by

the executive committee of the Asso-

ciation for International Conciliation.

"The most primitive form of society

presents to us the picture of continu-

of one borde was raised against each

his kindred, man considered it an act

ter providing for its needs. The people learned how to store up food and

thus to provide for the future. With

gathering were exterminated or, pro-

themselves became larger and by the

members are subject to the same law,

of high merit to kill the stranger. "Human inventions improved. The herd of hunters learned the art of bet-

Extracts from his pamphlet follows:

came less frequent.

red globules, diluted in a less quan but also prevent the passage of lawtity of liquid, appear far more num- that favor the members of one nation Do you know what it costs you to erous in the field of the microscope. at the expense of all other members This concentration of blood and rise of mankind," Every time a man gets angry he in arterial pressure I consider to be shortens his life so many minutes, or almost always present in case of days, perhaps even years. A great anger. I have found them whenever deal depends on the intensity of his I have been able to examine a patient,

Let us form a clear idea of all that-Every time we become angry our there is in a fit of anger-vain expenvitality shrinks so much in proportion diture of effort, nimless movements, for every outburst. After even the energy spent in biting the fists, most artfully suppressed signs of bad slamping on the ground, kicking temper our vitality becomes smaller against doors, or tearing up a book. and smaller, until finally nothing is All this clearly indicates a mental

angry if we value our health and life. In a condition of nervous excite here. Anger is a certain kind of cerebral ment all our energies are at a high Bishop Vincent began preaching in (brain) excitement. The hypersthen pitch. The heart sends to every part the Baltimore conference, and after ic (very strong) subject is always on of the body concentrated blood, extaking the course of study prescribed its verge, while the neurasthenic traordinarily rich in globules, which by the conference he entered upon his (nervously debilitated) becomes infu- utilizes itself instantaneously in the first pastorate at North Belleville N. riated only by a sudden bound of re- tissues; our organic combustion takes J., when he was twenty-one years old, action excited from without. But at place with almost doubled intensity, After four years in the east he rethe moment when they are let loose our sensibility is considerable excited, moved to Illinois, becoming paster of

man is a blinder brute, while the Variations of temper are variations cherished by both men so long as the weak man is somewhat of an actor of energy, of muscular tonics. One is great general lived. In 1868 he besad or timid because one is too weak; came editor of the Sunday school lit-All emotions are due to disorders angry because one is too strong. of the circulation of the blood, and Oscillations of the mind are caused by and in this position he was largely anger, in particular, to an intense di- the excitement produced by the con- instrumental in establishing the interlation of the small arteries of the tact of our nerves of sensibility. brain. Reduess and swelling of the There is a short circuit in our nerves. face are constant signs of anger, and followed by a rudely increased mus. tauqua agsembly, which was an atanger in a state of hypernervation, cular energy, the heart's power of tempt to help others make up for the The "white rage," so popular in fic- contraction, the blood pressure in the deficiency of education that he him-

Now the immense work performed The muscular fibers surrounding by the brain during the anger crisis literary and scientific circle, which has the arteries in which the blood circu- is so much work lost, worse than lost, lates, and which form a continuous harmful; apart from the evil it may parts of the world. In 1888 Dr. Vinsheath for them, are tightened in pro- do to its object, who may be killed portion to our anger. The caliber of by it, it is harmful to the person who his denomination in that capacity until the arterial tube diminishes, and then, gets into the rage. We are degraded the general conference of 1904, when the blood being under a high pres- by anger; not only does it humiliate sure, the watery part is driven back us in the eyes of others, but it leaves

80th birthday anniversary of Bishop H. Vincent of the Methodist church, left. The moral deduced from the nd- condition of no high order. At every Dr. Vincent has been retired for a vancement of this latest theory in step we recognize more clearly that number of years but during his active medicine is, of course, that we should the problem of anger is a problem of work in the ministry had been well known among prominent Methodists

feeling of solidarity of the nation

the survival of the primitive feeting of specific differences, we are brough

clearly face to face with those forces.

that will ultimately abolish warfare as well as legislative conflicts between nations; that will put an conot only to the wholesale slaughter

of those representing a distinct (des

U. S. Grant, whose friendship was erature of the Methodist denomination national system of Sunday school lessons. In 1874 he organized the Chansembly, in 1878, grew the Chautauqua had many thousand members in all cent was chosen bishop and served he was placed on the retired list.

IS A VERY LUCKY NEGRO.

Gilchrist Stewart, the far-famed New York politician, the brilliant son of a brilliant father, T. McCant Stewart, now associate supreme court justice of Liberia, was appointed last week deputy clerk of the New York

tive barbarism. In the early days of practical difficulties that seem to mittee for the past six years, and a mankind the earth was thinly population at the way of the formation of delegate to the Republican state coned; the members of each small horde still larger units count for naught be ventions, covered by that period, was were at war against each and every fore the inexorable laws of history." indorsed by Congressman Bennett, member of every other horde. But as After pointing out that nations as who started the fight to open this the social units increased in size, at they exist today are held together not place for him. Collector Charles W. the same time decreasing in number, so much by any fancied blood rela- Anderson, who manipulated the many and mations displaced tribes, war be- tionship or racial kinship as by com- intricate phases of the battle and fought night and day for the support of his district, the Thirteenth assemple, primitive as well as advanced, bly. A. P. Tudden, his district leader; shows two peculiar traits—the one the Samuel Koennig, chairman, New York constant increase in size of the social county committee; Wm. Barnes, Jr., specific differences between the na- units that believe in the same ideal; chairman of the Republican state the other the constant variation of committee, who insisted that a place the ideals. Thus we are led to the of importance be given in the legisimportant conclusion that neither the lature to the colored race.-Amster-

> Mr. Stewart is a brother to Miss Carlotta Stewart, principal of the Anahola school.-The Garden Island.

Avoid the race course if you would

#### Prof. Franz Boas, professor of an that are ready to go to war only with State Assembly at Albany by Speaker tropology in Columbia University other groups outside of their own Merritt. Mr. Stewart, whose present limits. Notwithstanding all temporary success he and all others directly revolutions and the shattering of larg- credit to Collector Charles W. Anuniversal peace will come to earth, er units for the time being, the prowhen it does come, by a gradual degress in the direction of unification ment Monday, February 5, taking up crease in the number of nations that has been so regular and so marked his duties last Tuesday at Albany. might go to war against each other that we must needs conclude that the The position carries with it a salary of tendencies which have swayed this \$2000 per year, The feeling of the solidarity of the development in the past will govern Mr. Stewart, who has been a memnation he sees as a survival of primi- our history in the future. \* \* \* The ber of the Republican County Com-

mon emotional ideals, Prof. Boas con-

Throughout the centuries, declares "Thus the study of all types of peotions has gone on coincident with the lessening of the primitive feeling of belief is justified that the modern na dam News. tions represent the largest attainable social units, nor the other that the ideals of the present groups, and wit' ous strife. The hand of each member them the groups, will be permanent.

"Most important of all, if we undermember of all other hordes. Always stand that the feeling of opposition to on the alert to urotect hmiself and the stranger which accompanies the keep on the right track. TO ARRIVE BY HONOLULAN

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"40" and "50" Models

Starts the motor without cranking, without danger, without touching the clutch pedal, without engaging any gears, without releasing a pedal after motor starts. Just push the switch when you are ready to start—nothing more. It's an easy as striking a match.

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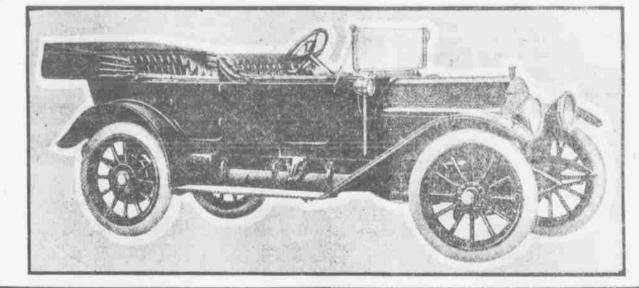
"40" and "50" Models.

Consist of two powerful head lamps with the improved dimming feature and so made that the reflectors radiate a modified light which is the nearest approach to actual sunlight ever produced. Two dash lamps and a tail lamp. Also the small lamps for illumination of speedometer and clock dials. All or any combination of lights can be turned on by simply turning the switch. Always ready—no tanks or generators to look after and renew. **Automatic Carburetor** 

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4-cylinder type is triumph of engine making. Made and tested out entirely in the great Inter-State factory. By an ingentous construction all back pressure is avoided and the power "hangs on" at low speed like an electric motor. Vibration is so little and the enclosed valves so noiseless that the running car can not be heard at a dis-



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Model 41-4 Passenger Demi Tonneau. Model 42-Roadster Type-all with the splendid new en bloc motor, 41/2-inch bore, 51/2inch stroke, developing 5 to 8 H. P. more than rated, 3 speeds forward and one reverse, completely equipped and with all 1912

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Model 52—Roadster Type—all with the "T"
head 5-inch bore, 6-inch stroke motor, de-

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LONG STROKE MOTORS—4½ inches x 5½ inches in "40's." 5 inches x 6 inches in "50" Models. Noiseless—No back pres

LARGE WHEELS AND TIRES-36 inches x 4 inches in "40's." 36 inches x 416 inches in "50" Models. DEMOUNTABLE RIMS-(Set of Five).

POWER TIRE INFLATER-Instantly available and worked from

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GEO. W. MOORE,

Telephone 1902

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THIS WORK

## Morning Cable Report

(Continued from Page One.)

LONDON, March 23 .- Premier Asquith, before pressing the Minimum the greater regularity of the food sup Wage Bill to a final vote, has called for another conference.

ply and a decreased frequency of peri-The operators of the English and the Welsh mines are willing to meet ods of starvation the number of mem- the terms of the strikers in part, but heretofore the Scotch operators have bers in the community increased, held out.

Weaker hordes who still followed the The conference arranged last night by Asquith will take place on Monolder methods of hunting and food day.

SAN FRANCISCO, March 23.-The development board of California, in fiting by the example of their neigh- session here yesterday, passed a strong resolution urging all the organizabors, learned their new arts and also tions of the State to protest against the enactment into law of the Free increased in numbers. Thus the Sugar Bill. Telegraphic requests for cooperation were sent out, while progroups that felt a solidarity among tests against the Underwood bill were wired to Washington.

MEXICO CITY, March 23.-General Aubert, with five hundred men, adextermination of small, isolated ministered a severe defeat to a rebel army of eighteen hundred yesterday. hordes that remained in more primi- The rebels, led by Salazar, attacked the federals south of Jemenez, being tive conditions the total number of repulsed with heavy loss. The loss among the federals was also heavy. groups that stood opposed to one an-CLEVELAND, March 23.—The negotiations between the representatives

'In the nations of our days in which hour day have been postponed until Tuesday. law rules supreme we find the great-WELLINGTON, New Zealand, March 23.-Lieutenant Shirase and his parest numbers of people united in politicity, which has been in the South in an attempt to discover the South Pole, cal units that the world has seen, arrived yesterday aboard their steamer Kainan Maru. They report having Here war is excluded, because all seen nothing whatever of the British expedition under Commander Scott.

The Japanese spent the winter evploring in King Edward's Land and and excessive strains in the communi- made no dash for the Pole.

other became gradually less. \* \* of the mine owners and the unions regarding increased pay and an eight-

ty, that lead to internal bloodshed. NEW YORK, March 23,-The government has rested its case against have decreased in numbers \* \* the members of the alleged Sugar Trust, indicted under the Sherman Act, among those nations in which the and the defense will commence putting on its witnesses on Monday. It is whole masses of the people enjoy understood that the defense will move, at its first step, to the dismissal of somewhat equal advantages of educa- the indictments as faulty.

SAN FRANCISCO, March 23 .- The Bing Kong tong and a number of "Thus the history of mankind shows other minor tongs have agreed not to take part in the tong fighting which us the grand spectacle of the group- has been resumed. The reason is said to be inability to hire gun men, ing of man in units of ever increasing the services of all the noted shooters having been contracted for by the size that live together in peace and Hop Sings, Suey Sings and Sin Suey Yings, the original tongs in the war.

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COOKE TABLET UNVEILED KAIWA IAHAO CHURCH,

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March 17th, 1912.

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